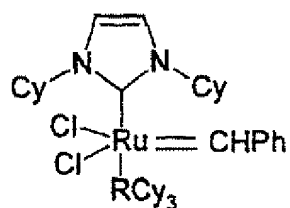
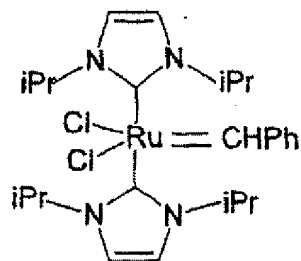


ROMP of 1,5-cyclooctadiene. NMR comparison of a
 5 ruthenium-dicarbene complex with a ruthenium-carbene-
 phosphine complex. ($T = 25^{\circ}\text{C}$; $1.70\ \mu\text{mol}$ of catalyst in
 $0.55\ \text{ml}$ of CD_2Cl_2 ; $[\text{1,5-cyclooctadiene}] / [\text{catalyst}] =$
 $250:1$).

Compound A

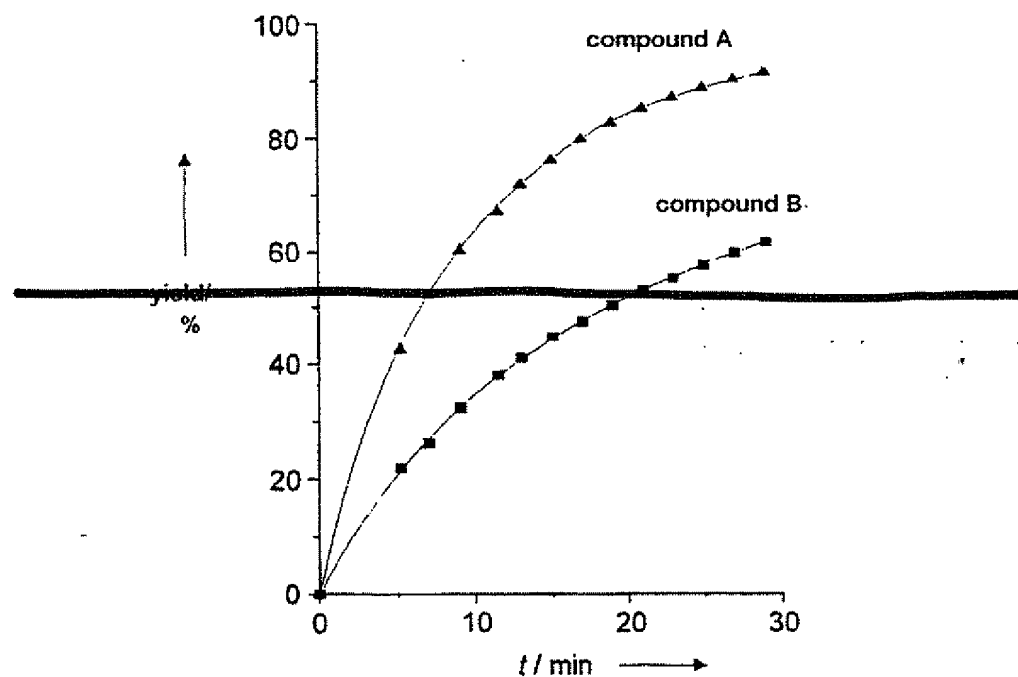


Compound B



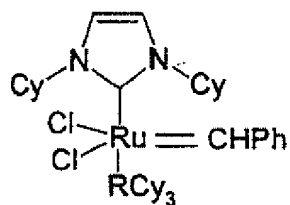
10

The same applies to ROMP of cyclooctene:



ROMP of cyclooctene. NMR kinetics of a ruthenium-dicarbene complex compared to a ruthenium-carbene-phosphine complex. (T = 25°C; 2.50 μ mol of catalyst in 0.50 ml of CD₂Cl₂; [cyclooctene] / [catalyst] = 250:1.

Compound A



Compound B

